

Shortcuts



Blood Orange: Nutrition . Selection . Storage

Nutrition information for blood oranges and tips on how to select, store and prepare them. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

Did You Know...

Blood oranges are named for their deep red flesh. The red color is due to anthocyanin, an antioxidant that is found in many red fruits and veggies including berries and red potatoes.

How to Select

Choose blood oranges heavy for size without soft spots.

How to Store

Store blood oranges at room temperature for up to 1 week, or refrigerate for up to 3 weeks.

Nutrition Benefits

Fat free, cholesterol free, sodium free, an excellent source of vitamin C.



[Fruit Nutrition Database](#)

[Vegetable Nutrition Database](#)

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